

Classes begin on February 22, 2016

TOTAL BODY & CARDIO

*with Jennifer Martin, Certified
Personal Trainer and Group Exercise Instructor*



This class is designed to give your body an aerobic exercise without stress on your muscles and joints. Rhythmic movements with light resistance for a total body work out.

Mondays and Wednesday @ 5:30 at the Winton Senior Center

Tuesdays and Thursdays @ 5:30 at the Murfreesboro Nutrition Site

**Please call the Hertford County Office of Aging for more details@
358.7856**